

FOAM-echo

Gynaecology

You will soon have an appointment for a FOAM-echo. This is also called a fallopian tube examination. In this folder you can read more about this examination and what you can expect.

What is a FOAM-echo?

A FOAM-echo is an ultrasound examination of the womb and the fallopian tubes. A special foamy liquid (FOAM) is inserted. On the ultrasound, this helps us clearly see whether the fallopian tubes are open. The FOAM-echo is part of the fertility examination.

Planning of the examination

The examination must take place after your period and before ovulation. This is why we do the examination between day 7 and day 12 of your cycle, depending on the length of your period and cycle. Call the clinic on day one, two, or three of your period to make an appointment.

You must not be pregnant during the examination. The liquid that is used can disturb an early pregnancy. The examination cannot take place if you are still bleeding from your period. From the first day of your last period until the examination, you must not have unprotected penis-in-vagina sex. After the examination, this is allowed again.

Before the examination

Please tell us if you have any allergies or sensitivities. The doctor will take this into account.

Always tell the doctor if you:

- Have symptoms of the genital area, such as more discharge, pain, or itching
- Have a fever above 38 degrees and increasing stomach pain
- Think you may be pregnant

The examination

The examination is done by the doctor and the medical assistant. You sit in the examination chair. The doctor places a speculum in the vagina. Then a thin tube (catheter) is placed into the cervix. When the tube is in the correct position, the speculum is removed.

Through the tube, the doctor slowly inserts the foamy liquid into the womb. An ultrasound is made while the liquid is injected. The doctor can clearly see how the liquid flows through the womb, into the fallopian tubes, and then into the abdominal cavity. You may watch the monitor if you like.

The examination can be a bit painful, similar to menstrual cramps. The pain usually goes away quickly. If you prefer, you may take painkillers two hours before the appointment: two tablets of paracetamol 500 mg and one tablet of naproxen/Aleve Feminax 250 mg. After the examination, the doctor removes the instruments, and you can get dressed again. The doctor will then immediately discuss the results and the next steps with you.

Duration of the examination

The examination takes 10 to 15 minutes, including preparation.

After the examination

After the examination, you may have light stomach pain for a few days, similar to menstrual pain. You may also have some discharge or slight bleeding. This is normal. You may take a painkiller if needed, for example paracetamol. You can usually return to work the same day.

Possible complications and side effects

Contact the clinic if you:

- Have a fever above 38 degrees and increasing stomach or pelvic pain
- Have abnormal vaginal discharge
- Lose more blood than during a normal period

Resuscitation

All patients at DC Klinieken will be resuscitated in an emergency situation. If you have a “do not resuscitate” statement, or if you have discussed with your doctor that you do not want to be resuscitated, it is important that you inform us.

Emergency after visiting DC Klinieken

In case of an emergency, call: 088 0100 998.

Insurance

DC Klinieken has contracts with all health insurers. This means that almost all care is reimbursed, just like in the hospital. You do need a referral from your (general) doctor. Please be aware of your own deductible. More information about reimbursements and possible exceptions can be found at: www.dcklinieken.nl/vergoedingen.

Questions

For more information and answers to frequently asked questions, go to: www.dcklinieken.nl/contact or contact our Service and Information Centre at 088 0100 900.